Documents:

- Passport
- Air or rail tickets
- Medical insurance

Personal equipment:

- Rucksack, 50-60 litres
- Daypack, 15-20 litres
- Sleeping bag with a comfort rating of 0 to -7 °C
- Foam sleeping mat
- Trekking poles
- Trekking boots
- Spare footwear for around camp (trekking sandals or trainers)
- Waterproof shell: jacket and trousers
- Fleece set for sleeping in
- Base layer, top and bottoms
- Down jacket with a hood, or a down gilet
- Lightweight gloves
- Bandana, buff, cap or sun hat, as you prefer
- Fleece hat
- Warm socks for sleeping in
- Trekking socks for walking days

Other items:

- An LED head torch with at least 12 hours of battery life, plus spare batteries
- Sunglasses, category 3 protection or higher
- Vacuum flask, 1 litre
- Sun cream and lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Mug, spoon, bowl and knife